

Group Exercise and SilverSneakers® September 2015

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or bloomington.in.gov/TLRC.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.			SilverSneakers® Circuit*		SilverSneakers® Circuit*		
9 a.m.							Yoga Core
9:30 a.m.		Turf Time for Toddlers SilverSneakers® Classic* Pickleball	SilverSneakers® Circuit*	Turf Time for Toddlers SilverSneakers® Classic* Pickleball	SilverSneakers® Circuit*	Pickleball	Cardio X-Train
10:30 a.m.		SilverSneakers® Yoga*	SilverSneakers® Classic*	SilverSneakers® Yoga*	SilverSneakers® Classic*		ZUMBA® Gold
4:30 p.m.			Adult Drop-in Basketball		Adult Drop-in Basketball		
5:30 p.m.			Joyful Hoops	20/20/20 Pilates			
6 p.m.		Yoga	Yoga				
6:30 p.m.	Adult Drop-in Volleyball	ZUMBA®	Kickboxing	Beginning Yoga Shred 60	ZUMBA® Cardio Core		
7:30 p.m.			Core Essentials		Healthy Back		

*If you qualify for SilverSneakers®, your Twin Lakes Recreation Center membership is free! Inquire at the front desk to check your eligibility or to sign up.

Excel Tae Kwon Do

**Mondays and Thursdays,
September 7–October 19**
\$50 • Register by 9/13
For all ages.

This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience.

SilverSneakers®

To find out more about SilverSneakers®, the nation's leading exercise program designed exclusively for older adults, inquire at the front desk. See the reverse side for the SilverSneakers® class schedule.

SilverSneakers® Lunch
September 21 • 10:30 a.m.
SilverSneakers® Yoga
does not meet on this date.



**FALL into
FITNESS**
September 7–13

Members are eligible for free group exercise classes and discounted personal training! See the front desk for additional information.

Try any group ex class during the free trial week and become a TLRC member with **NO JOINING FEE!** Fall session runs through October 25.



1700 W. Bloomfield Rd.
812-349-3720

Hours:

Mon.–Fri.: 5 a.m.–10 p.m.
Sat.–Sun.: 7 a.m.–10 p.m.

Holiday hours:

September 7 The TLRC is open from 7 a.m.–1 p.m. but the Lower Level is closed.



Like us on Facebook!
Twin Lakes Recreation Center

bloomington.in.gov/TLRC

Free, Ongoing Programs for Adults (ages 50 yrs. and up) September 2015

The Lower Level is only open Monday–Friday from 8 a.m.–3 p.m.
It is closed Saturday and Sunday except for reservations and scheduled activities.

Participation in these programs is free and TLRC membership is not required.
For more information about programs and services for adults, call 812-349-3720.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.	Steady Steppers		Steady Steppers		Steady Steppers
9:30 a.m.		Lap Quilting			
10:30 a.m.	Drop-in Bridge	Euchre	Drop-in Bridge		Euchre
11:45 a.m.			Tai Chi Qigong		
noon	Mahjong				
1 p.m.	Bingo		Bingo		
1:30 p.m.			International Folk Dance		Advanced German
2 p.m.	Bunco		Bunco		

SPECIAL EVENTS

Legal Counseling

September 14 • 3 p.m.
by Atty. Tom Bunger
Call 812-349-3720
to register.



Pickleball

M, W, F • 9:30 a.m.–1 p.m. • Court 4
TLRC or SilverSneakers®
membership or purchase
of a daily admission
pass is required to
participate.



Well Check—Thursday, September 17 8:30–10:30 a.m. • \$20 • For all ages.

Blood pressure, lipid panels, and hemoglobin (blood sugar—A1C) screenings help determine whether your levels in each area are in a healthy range. No appointment is needed, but you need to fast for 12 hours to get an accurate cholesterol level. Use your IU Health Bloomington Plus Card to receive \$5 off the screening fee of \$20, or sign up for a Plus Card on site. For more information, call 812-353-3244.



Indiana University Health



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RECREATION
CENTER**
CITY OF BLOOMINGTON
PARKS AND RECREATION

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